

# ANDREW HOFMAN



EXERCISE PHYSIOLOGIST

## About Me

Andrew has been an EP since mid - 2022.

Growing up, Andrew played a variety of sport including soccer (13 years), softball (5 years and represented NSW) and has been training at the gym since the age of 16 with the goals of wanting to improve fitness and strength.

Andrew loves playing, watching, and talking about any sport. During Andrew's Bachelor's degree, he obtained an internship with the professional sporting club Sydney FC, where he gained experience working as a Strength and Conditioning coach for the Junior Academy, with exposure to the A-League squad.

## Specialties

- Soccer/Football Rehab
- NDIS/Neurological Conditions
- Bodybuilding/Resistance Training Rehab
- Mental Health

## Mission Statement

Andrew's mission is to ensure all client's are functional, strong and stable in all aspects of life. Andrew works heavily in the Neurological space, and he loves to see his client's improving their day to day function.



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